

# SEPTEMBER 2006

Substitutions may be required  
to ensure a nutritious meal.

<b>September 4</b>  <b>LABOR DAY</b>	<b>September 5</b> BAKED CHICKEN Cheesy Mashed Potatoes Dilled Green Beans Carrot/Pineapple Salad WW Bread Milk	<b>September 6</b> BBQ PORK CHOPS Baked Beans Broccoli Cuts Fruit Juice Cracked Wheat Roll Milk	<b>September 7</b> CRISPY FISH FILLET w/Tartar Sauce Au Gratin Potatoes Country Mixed Vegetables Peaches Cornbread Milk	<b>September 8</b> BAKED HAM w/PINEAPPLE SAUCE Sweet Potatoes Peas WW Bread Milk
<b>September 11</b> CHINESE CHICKEN Rice Italian Cut Green Beans Pear Salad WW Bread Milk	<b>September 12</b> BEANS AND HAM Mixed Vegetables Rice Pudding Corn Bread Milk	<b>September 13</b> HOT TURKEY SANDWICH Cauliflower & Broccoli/cheese sauce Mashed Potatoes Cranberry Sauce WW Bread Milk	<b>September 14</b> CHICKEN CACCIATORI Scandanavian Mixed Vegetables Noodles Tossed Salad WW Bread Milk	<b>September 15</b> BBQ BEEF SANDWICH Baked Beans Mixed Vegetables Coleslaw Bun Milk
<b>September 18</b> BBQ MEATBALLS Rice Green Beans Pineapple WW Bread Tossed Salad Milk	<b>September 19</b> CHICKEN FRIED STEAK Mashed Potatoes w/Gravy Peas & Carrots Fruit Crisp Cracked Wheat Roll Milk	<b>September 20</b> MACARONI & CHEESE w/HAM Lima Beans Carrots Fruit Juice WW Bread Milk	<b>September 21</b> HOT ROAST BEEF SANDWICH Potatoes/ Gravy Italian Mixed Vegetables WW Bread Milk	<b>September 22</b> OVEN FRIED CHICKEN Cheese Potatoes Pickled Beets Coleslaw WW Bread Milk
<b>September 25</b> LIVER & ONIONS Mashed Potatoes Country Mixed Vegetables Cookie WW Bread Milk	<b>September 26</b> PORK ROAST w/SAUERKRAUT Mashed Potatoes & Gravy Parsley Carrots Fruit Juice WW Bread Milk	<b>September 27</b> SLOPPY JOE Italian Mixed Vegetables Fruit Crisp Hamburger bun Milk	<b>September 28</b> HAM SALAD Coleslaw Fruit Salad WW Bread Milk	<b>September 29</b> BEEF STROGANOFF w/NOODLES Stewed Tomatoes Green Beans Fruit Juice WW Bread Milk

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Frozen meals are available for weekends and days that no meals are served- Upon request and arrangements with Site Manager. \$3.00 donation encouraged

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**September 1**  
RAVIOLI w/Meat Sauce  
Italian Blend Vegetables  
Corn  
Cookie  
Fruit Juice  
Texas Toast  
Milk

**September 4**  
  
**Labor Day**  
  
  
  
  
  
  
  
  
  
**September 11**  
CHINESE CHICKEN  
Rice  
Italian Cut Green Beans  
Pear Salad  
WW Bread  
Milk

**September 5**  
BAKED CHICKEN  
Cheesy Mashed Potatoes  
Dilled Green Beans  
Carrot/Pineapple Salad  
WW Bread  
Milk  
  
**September 12**  
BEANS AND HAM  
Mixed Vegetables  
Rice Pudding  
Corn Bread  
Milk

**September 6**  
BBQ PORK CHOPS  
Baked Beans  
Broccoli Cuts  
Fruit Juice  
Cracked Wheat Roll  
Milk  
  
**September 13**  
HOT TURKEY SANDWICH  
Cauliflower & Broccoli/cheese sauce  
Mashed Potatoes  
Cranberry Sauce  
WW Bread  
Milk

**September 7**  
CRISPY FISH FILLET  
w/Tartar Sauce  
Au Gratin Potatoes  
Country Mixed Vegetables  
Peaches  
Cornbread  
Milk  
  
**September 14**  
CHICKEN CACCIATORI  
Scandanavian Mixed Vegetables  
Noodles  
Tossed Salad  
WW Bread  
Milk

**September 8**  
BAKED HAM  
w/PINEAPPLE SAUCE  
Sweet Potatoes  
Peas  
WW Bread  
Milk  
  
**September 15**  
BBQ BEEF SANDWICH  
Baked Beans  
Mixed Vegetables  
Coleslaw  
Bun  
Milk

**September 18**  
BBQ MEATBALLS  
Rice  
Green Beans  
Pineapple  
Tossed Salad  
WW Bread  
Milk

**September 19**  
CHICKEN FRIED STEAK  
Mashed Potatoes w/Gravy  
Peas & Carrots  
Fruit Crisp  
Cracked Wheat Roll  
Milk

**September 20**  
MACARONI & CHEESE w/HAM  
Lima Beans  
Carrots  
Tossed Salad  
Fruit Juice  
WW Bread  
Milk

**September 21**  
HOT ROAST BEEF SANDWICH  
Potatoes/ Gravy  
Italian Mixed Vegetables  
Tossed Salad  
WW Bread  
Milk

**September 22**  
OVEN FRIED CHICKEN  
Cheese Potatoes  
Pickled Beets  
Coleslaw  
WW Bread  
Milk

**September 25**  
LIVER & ONIONS OR  
CHICKEN FRIED STEAK  
GRAVY  
Mashed Potatoes  
Country Mixed Vegetables  
Cookie  
WW Bread

**September 26**  
PORK ROAST w/SAUERKRAUT  
Mashed Potatoes & Gravy  
Parsley Carrots  
Fruit Juice  
WW Bread  
Milk

**September 27**  
SLOPPY JOE  
Italian Mixed Vegetables  
Fruit Crisp  
Tossed Salad  
Hamburger Bun  
Milk

**September 28**  
HAM SALAD or  
CHICKEN BREAST w/  
MUSHROOM SAUCE  
Coleslaw  
Fruit Salad  
WW Bread  
Milk

**September 29**  
BEEF STROGANOFF  
w/NOODLES  
Stewed Tomatoes  
Green Beans  
Fruit Juice  
WW Bread  
Milk